



PICKIN' & GRINNIN'



Volume 2 Issue 14

The Ledge Ends CSA Newsletter

September 19, 2006

Share Contents This Week:

Lettuce
 Green Peppers
 Specialty Peppers
 Hot Peppers
 Heirloom Tomato
 Red Tomatoes
 Cherry Tomatoes
 Garden Peach Tomatoes
 Garlic
 Onions
 D'Avignon Radish
 Potatoes
 Kale
 Leeks

Calendar of Events

Sept. 23– Glory of Garlic cooking workshop with “Chef Eve” at the farm

Sept. 30 - Preserving the Bounty cooking workshop with “Chef Eve” at the farm

Sept. 26– The Science of Composting and Decomposition youth educational class

See our complete listing of programs with descriptions at LedgeEndsProduce.com

First Annual CSA Potluck Picnic

We have started planning for the First Annual CSA Potluck Picnic which will be held here at the farm on Saturday, October 14 from 2:00pm to 6:00 pm. We are hoping this will be fun day filled with great food, music, and good company. For some of our Providence members, this might be their first time seeing where their food grows!

We really mean it when we say that we will need your help in order to pull off this event. We are asking members to take on the responsibility of helping organize different aspects of the day. Give us a call or an email and let us know how you'd like to help out with Children's Activities (Face painting, games, crafts) or Music (can you play or do you know someone who does?).

This event will be a potluck, so we are hoping everyone will bring a dish to share with others. We need finger foods, entrees, and desserts. In addition, bring a copy of the recipe you used, and we'll post all the day's recipes on our website.

Another Reason to be in a CSA

The recent spinach scare that swept the nation should give you one more reason to be thankful that you have joined a CSA (Community Supported Agriculture) program. You don't have to wonder where your veggies are coming from or how they are being grown. It's also a reminder that you should always wash your vegetables (including salad mix) before consuming them.

Two Cooking Workshops Coming Soon

On Saturday, September 23 from 11:00 am to 1:00pm, Eve presents “Glory of Garlic,” a tribute to one of Erik and Trish's favorite foods. Watch as Eve prepares Lemon Caper Dressing, Roasted Garlic Pesto, Tomato and Bread salad. Then taste her creations and take home her recipes!

Follow this workshop up with “Preserving the Bounty,” a workshop in which Eve will show people how to preserve some of the summer's crops. Oven-dried tomatoes and cooked salsa will be among the delicacies you'll taste at this event.

Call the farm or email to register for one of these great classes. All cooking classes are \$15 per person.

Simple Recipes

Southern Style Greens and Potatoes Serves 4 as a side dish.

4 to 5 medium potatoes or an equivalent number of small ones

4 Tbsp. butter

8 oz. fresh sliced mushrooms

Salt and black pepper, to taste

Dash red pepper

4 cups shredded kale leaves (ribs removed)

Boil potatoes until just tender; cool and slice. Melt butter in a large heavy skillet over medium heat; add potatoes and mushrooms. Season with salt, pepper, and red pepper.

Cook and stir until mushrooms are tender and potatoes are heated through, about 3 to 4 minutes. Add greens and stir until wilted, a few minutes.

What to Do with All Those Green Peppers...

We never complain about crops that do really well. However, we realize some of our members are running out of ideas for those green peppers. No worries, they're easy to use up!

- Freeze them. Just clean, remove seeds, slice, and dry. Put them in Ziploc bags and you'll have them all winter to add to stir-fries, soups, pizzas, eggs, etc.
- Stuff them. Last night we stuffed some with carrots, tomatoes, onions, garlic, soy meat crumbles, and lots of ricotta. Bake and serve topped with marinara.
- Once winter comes, you'll miss the fresh salads of summer. Make a salad with your lettuce, radishes, onions, tomatoes, and peppers.
- Dip them. Slice them up and serve them with hummus or another dip the next time your family asks for a snack.
- Try out this recipe which was in Volume 2, Issue 7:

Sautéed Bell Peppers with Greek Flavors (Vegetables Every Day by Jack Bishop) Serves 4 as a side dish.

2 Tbsp. Olive oil

4 medium bell peppers cored, seeded, and cut into 1/2-inch wide strips

2 garlic cloves, minced

2 Tbsp. lemon juice

8 Kalamata olives, pitted and chopped

1 tsp. minced fresh oregano leaves

2 ounces feta, crumbled (about 1/2 cup)

1. Heat the oil in a large skillet. Add the peppers and sauté over medium-high heat until the peppers begin to brown in spots, about 4 minutes. Add the garlic, reduce the heat to low, and cover the pan. Cook, stirring once, until the peppers are tender but not mushy, about 10 minutes.
2. Uncover the pan and add the lemon juice, olives, and oregano. Cook just until the lemon juice evaporates, about 1 minute. Season with pepper to taste. Turn the peppers into a serving bowl. Serve hot or at room temperature, sprinkling with the